
















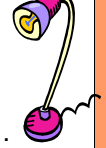









March 2010

Needham Unplugged

Needham Unplugged is an awareness campaign and a reminder that there is more to life than what is on the other side of a plug. The activities listed below emphasize person-to-person interaction, health, and wellness and are for all Needham students and their families. For more information please contact Needham Youth Services at 781-455-7518 or online at www.needhamma.gov/youth. **Happy Unplugged Month !**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>This is Needham Unplugged's 9th Year!</p>	<p>1 Write... A letter to someone special</p> 	<p>2 <i>Organize family photos into a colorful scrapbook</i></p> 	<p>3 Marshmallow Roast</p> 	<p>4 <i>Go through your closets...and donate your old clothes</i></p> 	<p>5 Kids & Family Work-Out 4:00 — 6:00 pm ages 10-13 @ YMCA Active Family Center</p>	<p>6 <i>Have an indoor picnic</i></p> 
<p>7 Free Family Swim 1:30-3:00pm YMCA pool site</p> 	<p>8 Donate food to the Needham Community Council</p> 	<p>9 Go Fish! Get out the cards and play your favorite card game...</p> 	<p>10 Puzzled?? Complete a puzzle as a family</p> 	<p>11 Family Science Night Newman School Learn more: 781-455-0475</p>	<p>12 Make a Statement Day! Put your favorite quote on a white t-shirt</p>	<p>13 Take a stroll at Ridge Hill... Maps available at Park & Recreation</p> 
<p>14 Kids plan and cook dinner...for parents</p> 	<p>15 Learn more about a culture... Cook the food of a different country</p> 	<p>16 Set Roots! It is too cold outside — so plant an indoor garden</p> 	<p>17 St. Patrick's Day Eat only things that are green today!</p> 	<p>18 Go outside and stargaze... Where is that big dipper?</p> 	<p>19 Email-Free Friday Can you talk face-to-face instead of sending Emails? All day?</p> 	<p>20 Volunteer Do a volunteer project as a family</p> 
<p>21 Free Family Swim 1:30-3:00pm YMCA pool site</p>	<p>22 Turn off all the lights and light candles...</p> 	<p>23 Take Cover!! Build a fort out of couches and blankets</p>	<p>24 Bored? Play a family favorite board game</p> 	<p>25 No homework & no meeting night for all Needham students and parents</p> 	<p>26 Kids & Family... Work-Out 4:00 — 6:00pm ages 10-13 YMCA Active Family Center</p> 	<p>27 Round up all your change ...and donate it to a charity</p> 
<p>28 Read! Check out a book from the Library</p> 	<p>29 Eat Breakfast — For Dinner</p> 	<p>30 Text-Free Tuesday Try not texting all day</p> 	<p>31 Brainstorm.. A cool April Fools Day Trick</p>	<p>Created by: Needham Youth Services Needham Park and Recreation Charles River YMCA</p>		